

UNITED STATES DEPARTMENT OF AGRICULTURE
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

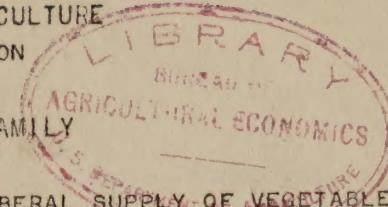


TABLE I - DIET B - LIBERAL USED IF OUR FARM CAN PROVIDE A LIBERAL SUPPLY OF VEGETABLES, MILK, EGGS & POULTRY; MOST OF OUR MEATS; BUT ONLY A LIMITED AMOUNT OF THE FRUIT

FAMILY MEMBERS		KIND AND QUANTITIES OF FOOD FOR A YEAR											
NAME	DESCRIPTION	MILK 1/	FAT OTHER THAN BUTTER	LEAN MEAT POULTRY 2/	EGGS	DRIED PEAS ETC.	TOMA- TOES CITRUS FRUITS	LEAFY GREEN YEL. VEG.	OTHER VEG. AND FRUIT	POTA- TOES SWEET IRISH	FLOUR CER- EAL	SU- GAR	
	(CHILD (UNDER 2 YRS.)	GALS	LBS.	LBS.	DOZ.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.
	2-3 YRS.	80	-	-	22	-	80	80	-	50	50	3	
	BOYS 4-6 YRS.	100	15	20-40	30	7-0	80	130	190	100	90	15	
	7-8 YRS.	110	25	35-90	30	10-3	90	180	280	100	160	25	
	9-10 YRS.	120	30	50-130	30	10-3	100	200	310	120	180	40	
	11-12 YRS.	120	30	65-160	30	10-3	120	200	340	130	200	45	
	13-15 YRS.	130	45	70-200	30	25-10	130	180	440	160	230	50	
	16-19 YRS.	130	50	75-250	30	25-10	130	180	520	300	340	100	
	GIRLS 4-7 YRS.	100	15	20-40	30	7-0	80	130	190	100	90	15	
	8-10 YRS.	110	25	35-90	30	10-3	90	180	280	100	160	25	
	11-13 YRS.	120	30	50-130	30	10-3	100	200	310	120	180	40	
	14-19 YRS.	120	30	65-160	30	10-3	120	200	340	130	200	45	
	MEN, VERY ACT.	100	60	100-240	30	40-10	130	180	530	350	440	100	
	MOD. ACT.	80	45	80-210	30	25-10	130	180	520	160	230	65	
	WOMEN VERY ACT.	80	45	65-200	30	25-10	130	180	440	160	230	50	
	MOD. ACT.	70	30	65-160	30	10-3	120	200	420	130	200	45	
	OLD PEOPLE	90	30	65-130	30	10-3	120	180	320	130	170	30	
YEARLY TOTAL FOR FAMILY													
MONTHLY TOTAL (DIVIDE YEARLY BY 12)													
WEEKLY TOTAL (DIVIDE YEARLY BY 50)													

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO $\frac{1}{4}$ OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE $\frac{3}{4}$ OF THE FAT AS BUTTER.

2/ USE LARGER QUANTITY OF DRIED BEANS, PEAS, ETC. WITH SMALLER QUANTITIES OF MEAT, AND VICE VERSA.

3/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY

DATE

1938

DEC 23 1938

1-95

OUR WEEKLY FOOD PLAN & RECORD
(DIET B TO LIBERAL)

SERVINGS OF DIFFERENT FOOD PER PERSON PER DAY OR WEEK	FOR OUR FAMILY OF	
	WE SHOULD EAT EACH WEEK	WE DID EAT DURING THE WEEK OF
<u>MILK</u>		
3/4 QUART DAILY FOR EACH CHILD UNDER 2 (TO DRINK AND IN COOKED FOOD)	QTS.	
1 QUART DAILY FOR EACH CHILD OVER 2 (TO DRINK AND IN COOKED FOOD)	LBS.	
1 PINT DAILY FOR EACH ADULT (TO DRINK AND IN COOKED FOOD)	LBS.	
<u>BUTTER</u>		
AT EVERY MEAL	LBS.	
<u>LEAN MEAT, FISH, AND POULTRY</u>		
3 TO 7 TIMES A WEEK	LBS.	
<u>EGGS</u>		
5 TO 6 A WEEK FOR ADULTS AND 6 OR 7 FOR YOUNG CHILDREN SOME IN COOKING	DOZ.	
<u>VEGETABLES AND FRUITS</u>		
DRYED BEANS, PEAS, AND NUTS - IF THE LARGER AMOUNTS OF LEAN MEAT ARE USED, THE SMALLER QUANTITIES OF DRIED BEANS, PEAS, AND NUTS ARE NEEDED.	LBS.	
<u>POTATOES</u> - 1 SERVING DAILY	LBS.	
<u>TOMATOES AND CITRUS FRUIT</u> - 1 SERVING DAILY	LBS.	
<u>LEAFY, GREEN, AND YELLOW VEGETABLES</u> - 10 TO 12 SERVINGS A WEEK	LBS.	
<u>OTHER VEGETABLES AND FRUIT</u> - 3 TO 4 SERVINGS A DAY	LBS.	
<u>OTHER FOODS</u>		
AS MUCH AS NEEDED TO MAINTAIN NORMAL WEIGHT	LBS.	
<u>TOTALS</u>		

UNITED STATES DEPARTMENT OF AGRICULTURE
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

TABLE II - ADEQUATE DIET AT MODERATE COST, LIBERAL IN VEGETABLES USED IF OUR FARM CAN PROVIDE A LIBERAL SUPPLY OF VEGETABLES, ADEQUATE AMOUNT OF MILK, EGGS, POULTRY & LEAN MEAT, BUT ONLY A LIMITED AMOUNT OF FRUIT.

FAMILY MEMBERS		KIND AND QUANTITIES OF FOOD FOR A YEAR											
NAME	DESCRIPTION	MILK 1/ GALS.	FAT OTHER THAN BUTTER	LEAN MEAT POULTRY 2/	EGGS	DRIED BEANS PEAS ETC.	TOMA- TOES CITRUS	LEAFY GREEN YEL. VEG.	OTHER AND FRUIT	POTA- TOES SWEET IRISH	FLOUR CER- EAL	SU- GAR	
(CHILD (UNDER 2 YRS.		110	-	-	22	-	80	80	-	50	50	3	
2-3 YRS.		110	3	12	26	-	80	130	160	90	60	7	
BOYS 4-6 YRS.		110	12	25	30	7	80	130	220	90	80	15	
7-8 YRS.		110	20	60	30	10	90	180	310	100	100	25	
9-10 YRS.		110	25	80	30	10	100	200	360	100	130	40	
11-12 YRS.		120	30	90	26	10	120	200	380	120	130	45	
13-15 YRS.		120	40	100	26	25	130	180	460	130	170	50	
16-19 YRS.		140	60	140	22	25	130	180	540	260	220	100	
GIRLS 4-7 YRS.		110	12	25	30	7	80	130	220	90	80	15	
8-10 YRS.		110	20	60	30	10	90	180	310	100	100	25	
11-13 YRS.		110	25	80	30	10	100	200	360	100	130	40	
14-19 YRS.		120	30	90	26	10	120	200	380	120	130	45	
MEN, VERY ACT.		100	60	160	22	40	130	180	570	310	300	100	
MOD. ACT.		80	45	130	22	25	130	180	540	160	210	65	
WOMEN VERY ACT.		80	40	100	26	25	130	180	460	130	170	50	
MOD. ACT.		70	30	80	26	10	120	200	380	120	130	45	
OLD PEOPLE		90	40	90	26	10	120	180	360	120	120	40	
YEARLY TOTAL FOR FAMILY													
MONTHLY TOTAL (DIVIDE YEARLY BY 12)													
WEEKLY TOTAL (DIVIDE YEARLY BY 50)													

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO $\frac{1}{4}$ OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE 3/4 OF THE FAT AS BUTTER.

2/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY _____

DATE _____

OUR WEEKLY FOOD PLAN & RECORD
(MODERATE-COST ADEQUATE DIET - LIBERAL IN VEGETABLES)

SERVINGS OF DIFFERENT FOODS PER PERSON PER DAY OR WEEK	FOR OUR FAMILY OF	
	WE SHOULD EAT EACH WEEK	WE DID EAT DURING THE WEEK OF
<u>MILK</u>		
1 QUART DAILY FOR EACH CHILD (TO DRINK OR IN COOKED FOOD)	QTS.	
1 PINT DAILY FOR EACH ADULT (TO DRINK OR IN COOKED FOOD)	QTS.	
<u>BUTTER</u>	LBS.	
AT EVERY MEAL		
<u>LEAN MEAT, FISH, AND POULTRY</u>	LBS.	
A SERVING 5 TIMES A WEEK, OR APPROXIMATELY 2 POUNDS PER PERSON		
<u>EGGS</u>	DOZ.	
5 OR 6 A WEEK FOR ADULTS: 6 OR 7 FOR YOUNG CHILDREN A FEW IN COOKING		
<u>VEGETABLES AND FRUITS</u>	LBS.	
DRIED BEANS, PEAS, AND NUTS - 1 TO 2 SERVINGS A WEEK		
<u>POTATOES</u> - 1 SERVING DAILY	LBS.	
<u>TOMATOES AND CITRUS FRUITS</u> - 1 SERVING DAILY	LBS.	
<u>LEAFY, GREEN, AND YELLOW VEGETABLES</u> - 10 TO 12 SERVINGS A WEEK	LBS.	
<u>OTHER VEGETABLES AND FRUIT</u> - 3 TO 4 SERVINGS A DAY	LBS.	
<u>OTHER FOODS</u>	LBS.	
<u>CEREAL</u> - DAILY		
<u>BREAD</u> - AT EVERY MEAL	LBS.	
<u>DESSERTS</u> - ONCE A DAY, SOMETIMES TWICE		
<u>TOTALS</u>		

UNITED STATES DEPARTMENT OF AGRICULTURE
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

TABLE III ADEQUATE DIET AT MINIMUM COST - LIBERAL IN VEGETABLES USED IF OUR FARM CAN PROVIDE A LIBERAL SUPPLY OF VEGETABLES, AND A MINIMUM ADEQUATE SUPPLY OF MILK, EGGS, POULTRY & LEAN MEAT AND LIMITED AMOUNT OF FRUIT.

FAMILY MEMBERS		KIND AND QUANTITIES OF FOOD FOR A YEAR											
NAME	DESCRIPTION	MILK	FAT	LEAN	DRIED	TOMA-	LEAFY	OTHER	POTA-	FLOUR	SU-		
		1/	OTHER THAN BUTTER	MEAT POULTRY	EGGS	BEANS PEAS ETC.	TOES CITRUS	GREEN YEL.	VEG. AND FRUIT	TOES SWEET IRISH	CER-	GAR	
	(CHILD	GAL.	LBS.	LBS.	DOZ.	LEGS.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.
	(UNDER 2 YRS.	80	-	-	22	-	80	80	-	50	50	3	
	2-3 YRS.	100	3	10	22	-	80	130	160	90	65	7	
	BOYS 4-6 YRS.	100	15	20	22	10	80	130	220	90	90	15	
	7-8 YRS.	110	25	35	22	20	90	180	310	100	160	35	
	9-10 YRS.	120	30	50	18	20	100	200	360	100	180	40	
	11-12 YRS.	120	30	65	18	25	120	200	380	120	200	40	
	13-15 YRS.	130	45	70	18	25	130	180	460	130	230	50	
	16-19 YRS.	130	50	75	13	25	130	180	540	260	340	50	
	GIRLS 4-7 YRS.	100	15	20	22	10	80	130	220	90	90	15	
	8-10 YRS.	110	25	35	22	20	90	180	310	100	160	35	
	11-13 YRS.	120	30	50	18	20	100	200	360	100	180	40	
	14-19 YRS.	120	30	65	18	25	120	200	380	120	200	40	
	MEN, VERY ACT.	100	60	100	13	50	130	180	570	310	440	65	
	MOD. ACT.	80	45	80	13	40	130	180	540	160	230	60	
	WOMEN VERY ACT.	2/ 80	45	65	18	25	130	180	460	130	230	50	
	MOD. ACT.	70	30	65	18	25	120	200	380	120	200	40	
	OLD PEOPLE	90	30	65	18	15	120	180	360	120	170	40	
YEARLY TOTAL FOR FAMILY													
MONTHLY TOTAL (DIVIDE YEARLY BY 12)													
WEEKLY TOTAL (DIVIDE YEARLY BY 50)													

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO $\frac{1}{4}$ OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE $\frac{3}{4}$ OF THE FAT AS BUTTER.

2/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY _____

DATE _____

OUR WEEKLY FOOD PLAN AND RECORD
(ADEQUATE DIET AT MINIMUM COST - LIBERAL IN VEGETABLES)

SERVINGS OF DIFFERENT FOODS PER PERSON PER DAY OR WEEK	FOR OUR FAMILY OF	
	WE SHOULD EAT EACH WEEK	WE DID EAT DURING THE WEEK OF
<u>MILK</u>		
3/4 QUART DAILY FOR EACH CHILD UNDER 2 (TO DRINK OR IN COOKED FOOD)		
1 QUART DAILY FOR EACH CHILD OVER 2 (TO DRINK OR IN COOKED FOOD)		
1 PINT DAILY FOR EACH ADULT (TO DRINK OR IN COOKED FOOD) QTS.		
<u>BUTTER</u>		
AT EVERY MEAL	LBS.	
<u>LEAN MEAT, FISH, AND POULTRY</u>		
3 OR 4 SERVINGS A WEEK	LBS.	
<u>EGGS</u>		
3 OR 4 A WEEK FOR ADULTS; 4 OR 5 FOR YOUNG CHILDREN A FEW FOR COOKING	DOZ.	
<u>VEGETABLES AND FRUITS</u>		
<u>DRIED BEANS, PEAS, AND NUTS</u> - 2 OR 3 SERVINGS A WEEK	LBS.	
<u>POTATOES</u> - 1 SERVING DAILY	LBS.	
<u>TOMATOES AND CITRUS FRUITS</u> - 1 SERVING DAILY	LBS.	
<u>LEAFY, GREEN, AND YELLOW VEGETABLES</u> - 10 TO 12 SERVINGS A WEEK	LBS.	
<u>OTHER VEGETABLES AND FRUIT</u> - 3 TO 4 SERVINGS A DAY	LBS.	
<u>OTHER FOODS</u>		
<u>CEREALS</u> - ONCE A DAY	LBS.	
<u>BREAD</u> - AT EVERY MEAL	LBS.	
<u>DESSERT</u> - ABOUT ONCE A DAY IF DESIRED		
<u>TOTALS</u>		

UNITED STATES DEPARTMENT OF AGRICULTURE
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

TABLE IV ADEQUATE DIET - MINIMUM COST USED WHEN OUR FARM CAN PROVIDE US ONLY A PARTIAL SUPPLY OF FOOD, AS DURING FIRST YEAR ON A FARM

FAMILY MEMBERS		KIND AND QUANTITIES OF FOOD FOR A YEAR											
NAME	DESCRIPTION	MILK 1/ GALS	FAT OTHER 2/ LBS.	LEAN MEAT POULTRY THAN BUTTER	EGGS	DRIED BEANS PEAS ETC.	TOMA- TOES CITRUS	LEAFY GREEN YEL. FRUITS VEG.	OTHER VEG. AND FRUIT	POTA- TOES SWEET FRUIT	FLOUR CER- SWEET IRISH	SU- GAR	
(CHILD (UNDER 2 YRS.		80	-	-	22	-	60	80	-	80	50	3	
2-3 YRS.		100	3	10	22	-	60	130	40	100	65	7	
BOYS 4-6 YRS.		100	15	20	22	10	60	130	80	110	90	15	
7-8 YRS.		110	25	35	22	20	60	180	120	120	160	35	
9-10 YRS.		120	30	50	18	20	60	200	160	140	180	40	
11-12 YRS.		120	30	65	18	25	60	200	190	140	200	40	
13-15 YRS.		130	45	70	18	25	60	160	220	160	230	50	
16-19 YRS.		130	50	75	13	25	60	160	200	220	340	50	
GIRLS 4-7 YRS.		100	15	20	22	10	60	130	80	110	90	15	
8-10 YRS.		110	25	35	22	20	60	180	120	120	160	35	
11-13 YRS.		120	30	50	18	20	60	200	160	140	180	40	
14-19 YRS.		120	30	65	18	25	60	200	190	140	200	40	
MEN, VERY ACT.		100	60	100	13	50	60	160	200	300	440	65	
MOD. ACT.		80	45	80	13	40	60	160	220	160	230	60	
WOMEN VERY ACT.	2/ MOD. ACT.	80	45	65	18	25	60	160	220	160	230	50	
		70	30	65	18	25	60	200	190	140	200	40	
OLD PEOPLE		90	30	65	18	15	60	180	160	140	170	40	
YEARLY TOTAL FOR FAMILY													
MONTHLY TOTAL (DIVIDE YEARLY BY 12)													
WEEKLY TOTAL (DIVIDE YEARLY BY 50)													

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO $\frac{1}{2}$ OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE $\frac{3}{4}$ OF THE FAT AS BUTTER.

2/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY _____

DATE _____

OUR WEEKLY FOOD PLAN AND RECORD
(MINIMUM-COST ADEQUATE DIET)

SERVINGS OF DIFFERENT FOODS PER PERSON PER DAY OR WEEK	FOR OUR FAMILY OF _____			
	WE SHOULD EAT EACH WEEK	WE DID EAT DURING THE WEEK OF		
		QTS.	LBS.	DOZ.
<u>MILK</u>				
3/4 QUART DAILY FOR EACH CHILD UNDER 2 (TO DRINK OR IN COOKED FOOD)				
1 QUART DAILY FOR EACH CHILD OVER 2 (TO DRINK OR IN COOKED FOOD)				
1 PINT DAILY FOR EACH ADULT (TO DRINK OR IN COOKED FOOD)	QTS.			
<u>LEAN MEAT, FISH, AND POULTRY</u>				
3 OR 4 SERVINGS A WEEK	LBS.			
<u>Eggs</u>				
3 OR 4 A WEEK FOR ADULTS; 4 OR 5 FOR YOUNG CHILDREN A FEW IN COOKING	DOZ.			
<u>VEGETABLES AND FRUITS</u>				
DRIED PEAS, BEANS, AND NUTS - 2 OR 3 SERVINGS A WEEK	LBS.			
POTATOES - 9 OR 10 SERVINGS A WEEK	LBS.			
TOMATOES AND CITRUS FRUITS - 2 TO 4 SERVINGS A WEEK OF TOMATOES (OR OF CITRUS FRUIT IN SEASON) FOR EACH ADULT AND CHILD OVER 4. FROM 4 TO 6 TABLESPOONS OF TOMATO JUICE OR 2 TABLESPOONS OF ORANGE JUICE DAILY FOR EACH CHILD UNDER 4.	LBS.			
LEAFY, GREEN, AND YELLOW VEGETABLES - 9 OR 10 SERVINGS A WEEK	LBS.			
OTHER VEGETABLES AND FRUITS - 10 TO 12 SERVINGS A WEEK	LBS.			
<u>OTHER FOODS</u>				
CEREAL DISH - USUALLY ONCE A DAY, SOMETIMES TWICE	LBS.			
BREAD - AT EVERY MEAL	LBS.			
DESSERT - ABOUT ONCE A DAY IF DESIRED				
TOTALS				

UNITED STATES DEPARTMENT OF AGRICULTURE
FARM SECURITY ADMINISTRATION

THE YEAR'S FOOD NEEDS OF OUR FAMILY

TABLE V RESTRICTED DIET USED IN CASE OF FAILURE OF FARM TO PROVIDE FOOD FOR FAMILY OR WHEN PLANNING TO BUY FOOD FOR A SHORT TIME WITH GRANT MONEY

FAMILY MEMBERS		KIND AND QUANTITIES OF FOOD FOR A YEAR											
NAME	DESCRIPTION	MILK 1/ BUTTER	FAT OTHER THAN BUTTER	LEAN MEAT POULTRY	EGGS	DRIED BEANS PEAS ETC.	TOMA- TOES CITRUS	LEAFY GREEN YEL. VEG.	OTHER AND FRUIT	POTA- TOES FRUIT	FLOUR CER- IRISH	SU- GAR	
		GALS	LBS.	LBS.	DOZ.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.	LBS.	
	(CHILD (UNDER 2 YRS.	80	-	-	22	-	50	80	-	80	50	3	
	2-3 YRS.	80	2	7	18	3	50	120	35	100	100	10	
	BOYS 4-6 YRS.	80	15	15	13	10	50	120	45	120	140	20	
	7-8 YRS.	70	25	18	9	20	50	160	80	130	180	30	
	9-10 YRS.	70	30	25	9	25	50	160	110	140	210	40	
	11-12 YRS.	70	30	25	9	25	50	160	120	140	230	50	
	13-15 YRS.	80	40	40	9	25	50	120	150	160	275	65	
	16-19 YRS.	90	50	40	9	25	50	100	130	220	365	70	
	GIRLS 4-7 YRS.	80	15	15	13	10	50	120	45	120	140	20	
	8-10 YRS.	70	25	18	9	20	50	160	80	130	180	30	
	11-13 YRS.	70	30	25	9	25	50	160	110	140	210	40	
	14-19 YRS.	70	30	25	9	25	50	160	120	140	230	50	
	MEN, VERY ACT.	70	60	50	4	50	50	100	130	300	450	80	
	MOD. ACT.	50	40	45	4	40	50	120	160	160	275	70	
	WOMEN VERY ACT.	2/80	40	40	9	25	50	120	160	160	275	65	
	MOD. ACT.	70	30	25	9	25	50	160	120	140	230	50	
	OLD PEOPLE	70	30	25	9	25	50	160	140	140	210	40	
YEARLY TOTAL FOR FAMILY													
MONTHLY TOTAL (DIVIDE YEARLY BY 12)													
WEEKLY TOTAL (DIVIDE YEARLY BY 52)													

1/ THE AMOUNT LISTED IS ENOUGH TO PROVIDE FOR MAXIMUM QUANTITIES SUGGESTED BY THE BUREAU OF HOME ECONOMICS FOR DRINKING AND COOKING PLUS ENOUGH TO FURNISH BUTTER UP TO $\frac{1}{4}$ OF THE TOTAL FAT ALLOWANCE FOR PERSONS 4 YEARS OF AGE AND OVER. FOR CHILDREN UNDER 2 YEARS OF AGE ENOUGH EXTRA MILK IS PROVIDED TO SUPPLY ALL OF THE FAT ALLOWANCE IN THE FORM OF BUTTER. FOR CHILDREN 2-3 YEARS ENOUGH IS INCLUDED TO PROVIDE $\frac{3}{4}$ OF THE FAT AS BUTTER.

2/ INCREASE TO 125 GALS. FOR PREGNANT OR NURSING WOMEN.

NAME OF FAMILY _____

DATE _____

**OUR WEEKLY FOOD PLAN AND RECORD
(RESTRICTED DIET FOR EMERGENCY USE)**

SERVINGS OF DIFFERENT FOOD PER PERSON PER DAY OR WEEK	WE SHOULD EAT EACH WEEK	FOR OUR FAMILY OF _____		
		WE DID EAT DURING THE WEEK OF		
<u>MILK</u>				
3 CUPS EACH DAY FOR CHILDREN UNDER 7 YEARS 1 PINT DAILY FOR EACH OTHER CHILD (TO DRINK OR IN COOKED FOOD) 1 PINT DAILY FOR EACH WOMAN AND ELDERLY PERSON (TO DRINK OR IN COOKED FOOD) 1 CUP DAILY FOR EACH MAN (TO DRINK OR IN COOKED FOOD)	QTS.			
<u>LEAN MEAT OR FISH</u>	LBS.			
2 TO 3 SERVINGS A WEEK				
<u>EGGS</u>	DOZ.			
THREE A WEEK FOR CHILDREN UNDER 7 YEARS; TWO FOR CHILDREN 7 AND OVER, AND FOR WOMEN; ONE A WEEK FOR MEN				
<u>VEGETABLES AND FRUITS</u>	LBS.			
DRIED BEANS, PEAS, AND NUTS - 2 OR 3 SERVINGS A WEEK				
POTATOES - 9 TO 10 SERVINGS A WEEK	LBS.			
TOMATOES AND CITRUS FRUIT - 2 OR 3 SERVINGS A WEEK FOR EACH ADULT AND CHILD OVER 4; FROM 4 TO 6 TABLESPOONS OF TOMATO JUICE OR 2 TABLESPOONS OF ORANGE JUICE DAILY FOR EACH CHILD UNDER 4	LBS.			
LEAFY, GREEN, OR YELLOW VEGETABLES - 1 SERVING A DAY	LBS.			
OTHER VEGETABLES AND FRUITS - 1 SERVING A DAY	LBS.			
<u>OTHER FOODS</u>	LBS.			
CEREAL DISH - ONCE OR TWICE A DAY				
BREAD - AT EVERY MEAL	LBS.			
DESSERT - OCCASIONALLY, SUCH AS CEREAL PUDDING, GINGERBREAD, DRIED FRUIT, ONE-EGG CAKE AND OTHER INEXPENSIVE KINDS				
TOTALS				